Joe Weider's

"TRAINER OF THE STARS"

SPECIAL JUDO SELF-DEFENSE COURSE

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SPECIAL JUDO SELF-DEFENSE COURSE

YOUR SPECIAL BONUS JUDO COURSE

Dear Student:

Judo is a science, just as complete a science as physics, chemistry, mathematics or any other science you study at school.

As a science it must be thoroughly understood or it is nothing. And, like the science of the atom, it has both positive (good) and negative (bad) qualities. It can help or it can destroy.

It is positive when it is used as a natural defence against attack. It is negative when it is used to injure someone. In teaching you the science of Judo, as well as its deadly secrets, I want to impress upon you that you should think of it only as knowledge of how to defend yourself or some person who needs protection.

You never know when some bully, some thief, some armed man, or some mentally deranged person is liable to attack you. Judo is of the greatest value in protecting you against a surprise attack, a "no-holds-barred" attack, or when you are greatly out-numbered by your attackers.

This course will teach you the basic principles of Judo. It will show you how to take care of yourself when the occasion demands and how to "dish it out" when it is absolutely necessary for you to do so.

However, I don't want you to use it to bully others, nor to "show off", nor to use it "just for fun". You can seriously injure someone with it--you can easily break his bones or even kill him. So be careful, and use Judo only when you must really depend upon it.

But you mustn't attempt even the first Judo principle unless--and until--you are in top physical condition. This means that you should have finished the regular Muscle Building Course you're working on now.

You need first to develop your muscular strength to its fullest, you need the greatest endurance and muscle co-ordination. Moreover, this basic course will so

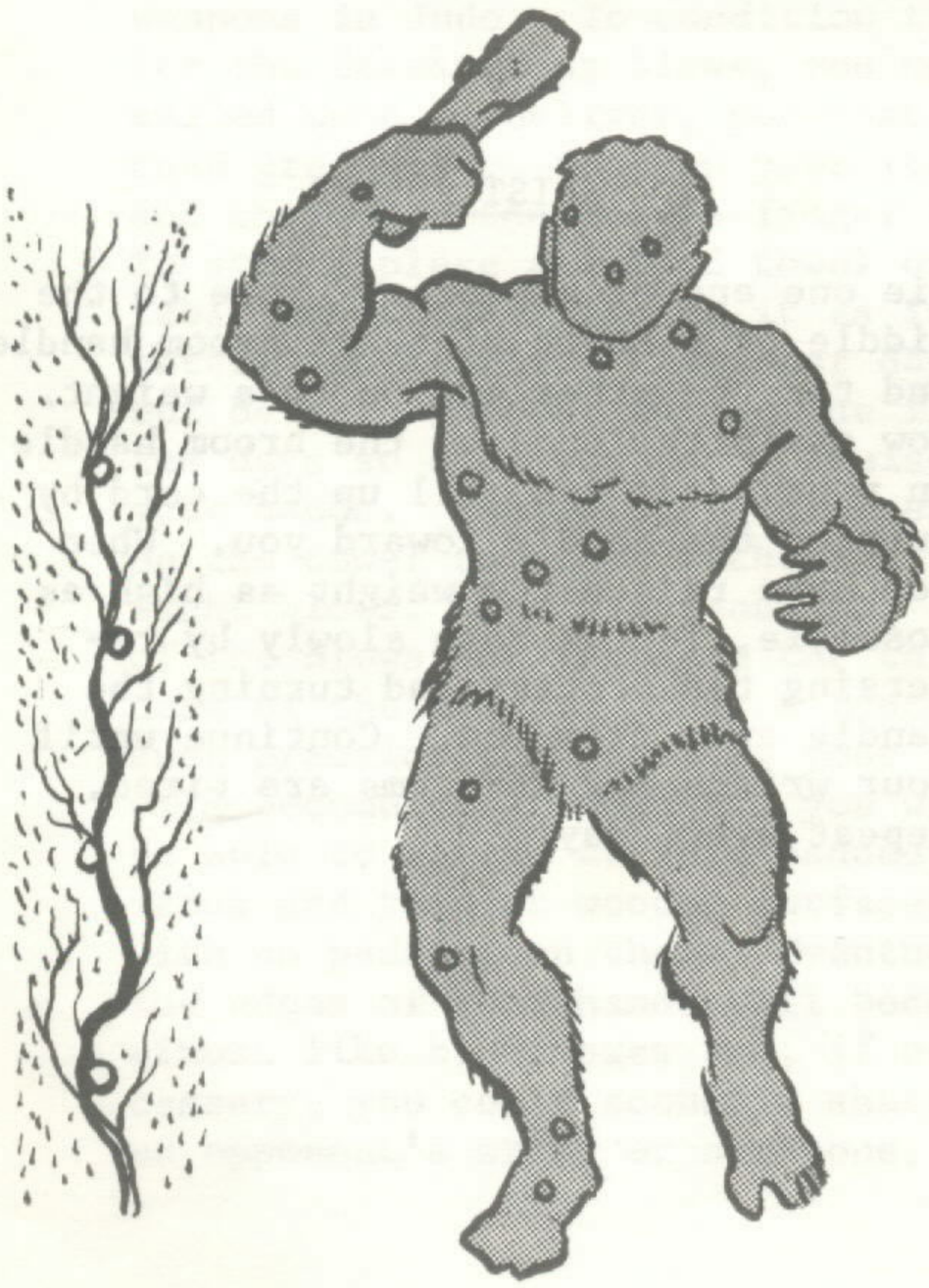
toughen and condition you as to make the Judo course twice as easy to follow.

This course is streamlined...you learn Judo fast! It has been condensed and simplified into easy-to-follow, easy-to-do steps. It is my Special Bonus Course to you as I promised. It is a further evidence of my continuing desire to make of you the strong, resourceful dauntless he-man you've dreamed of being all your life. You'll be grateful a hundred times over for the opportunity of having learned this amazing Oriental art of self-defense.

WHAT IS JUDO?

Basically, Judo is a system of defense involving several kinds of"pressure holds", painful "leverage holds", and deadly "chopping blows". Each is applied scientifically at vital nerve centers, at important joints, or to essential muscles. It's fast and powerful and works against the weak points of the human body.

Judo does not depend upon great strength, superior size, or great force, as one finds in boxing or wrestling. Even women become skilled Judo experts. It makes use of science, anatomy, physiology and the physics of gravity. It substitutes brain for brawn--"know-how" for sheer size and power. It is slyly gentle like a deadly snake coiled "gently" beside an elephant.



VITAL NERVE CENTERS AND CRUCIAL JOINTS

There are many vital nerve centers in the body. The dots on the accompanying photograph show the most important of these. Strong pressure applied at any of these spots will cause great pain, and, in some cases, may cause temporary paralysis.

A vigorous chopping blow on any of these vital spots can have even more dramatic effects. Therefore, your first step in learning Judo is to familiarize yourself with all of these spots.

It is important to be fully aware of the many joints of your body. Some of these are ball-and-socket joints like your shoulder and hip joints. Others are hinge-like such as those of your knees and elbows.

Each joint is a vulnerable spot both for 'pressure" holds applied against the joint, and for "chopping" blows on the joint. If you can force any bone against the joint you can tear muscles, ligaments and tendons; cause terrible

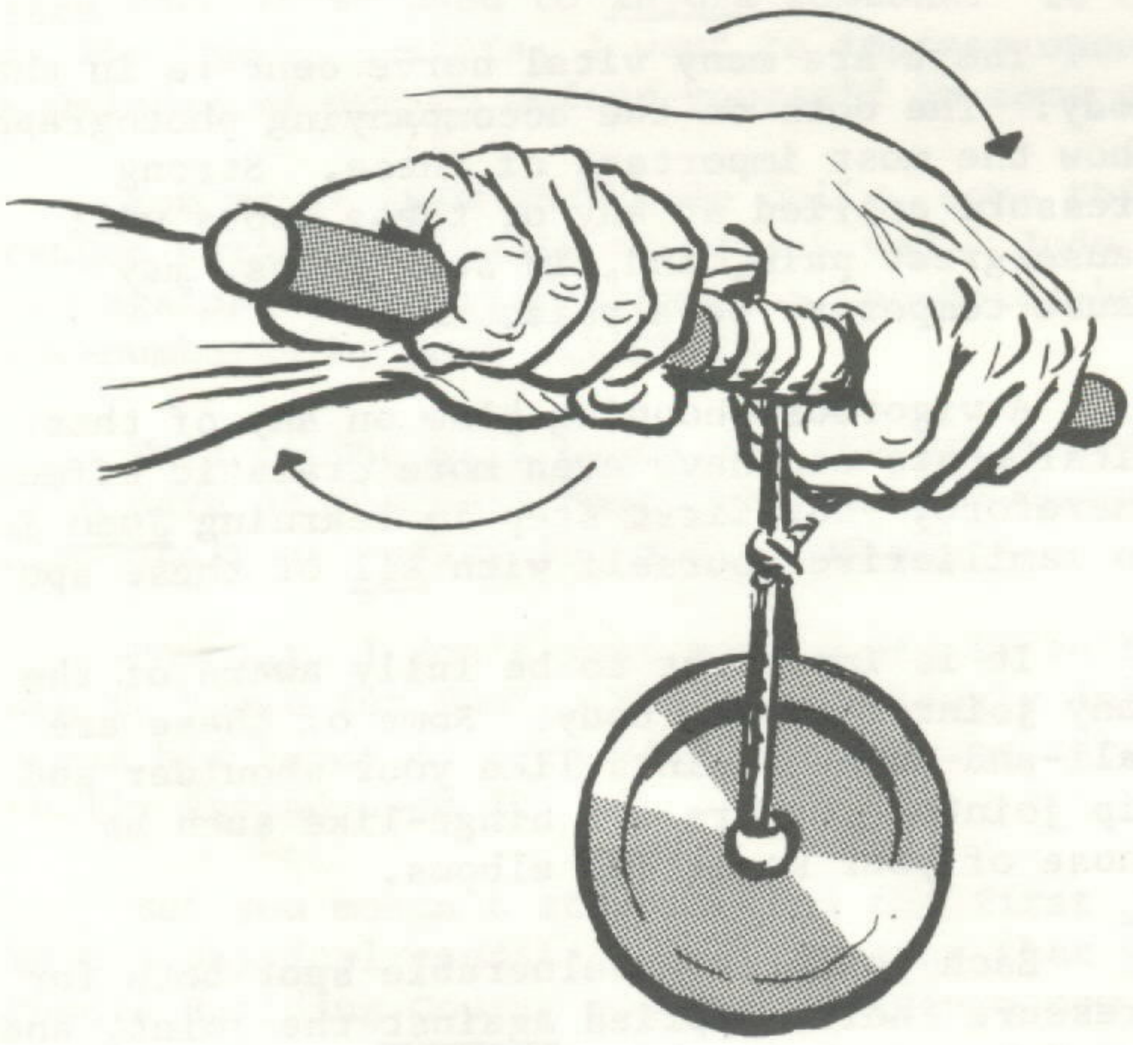
pain and do permanent injury. That is why all holds which go against the joint are barred from amateur and professional wrestling. The Judo expert, who may be fighting for his life ignores such rules. No quarter is asked, no quarter given.

Chopping blows to the joint may have the same effect as a steady pressure, but if delivered with sharp force they might cause a separation at the joint, or bruise the surrounding tissues. In either case the victim will be hurt and unable to use the injured part for some time.

Similar chopping blows to the muscles themselves will cause a sudden seizure, followed by reduced circulation, and then a rapid puffing-up at the point of contact. Partial paralysis usually results and the area struck will probably be bruised and painful afterwards. A number of sharp blows to the belly of a muscle can have a serious crippling effect.

STRENGTHENING YOUR GRIP AND TOUGHENING YOUR HANDS

In order to exert great pressure you need powerful hands and fingers and a grip of steel. Many of the exercises given in your Muscle Building Course will help build some of this power. However, you need a few extra ones, especially designed for this job. Here are some very good ones:



1. WRIST ROLLER

Tie one end of a piece of rope to the middle of a short piece of broom handle and tie the other end on to a weight. Now grasp the ends of the broom handle in your hands and roll up the cord by turning the handle toward you. When you have raised the weight as high as possible, let it down slowly by reversing the process and turning the handle away from you. Continue until your wrists and forearms are tired. Repeat every day.

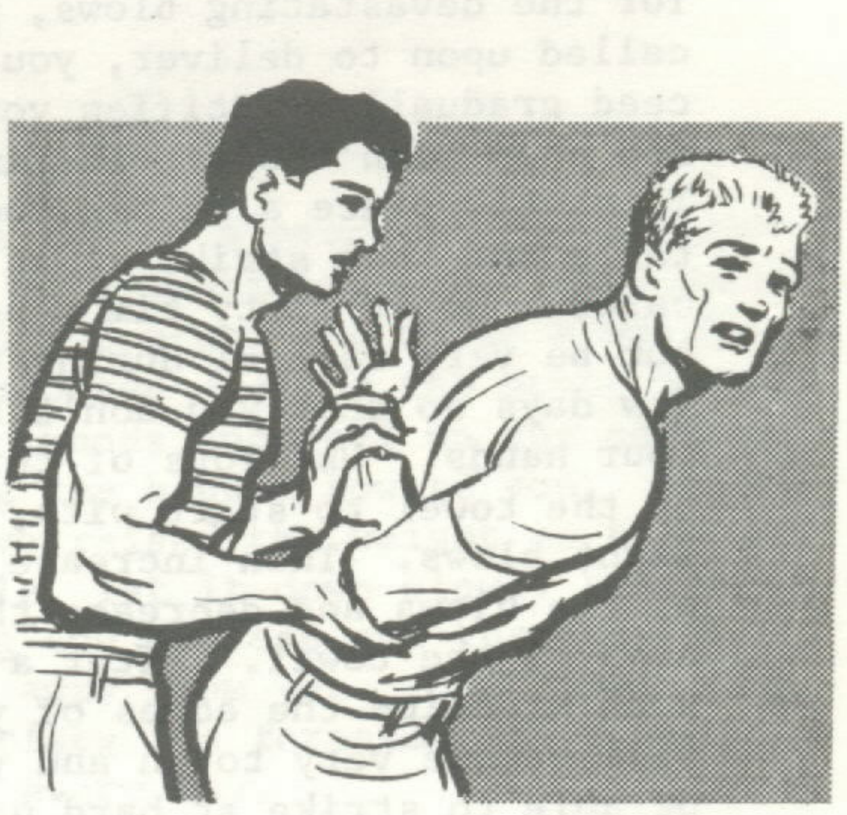
2. SQUEEZE TENNIS BALLS

Get two used tennis balls. Grasp one in each hand and squeeze them. Roll the balls around in your hands as you squeeze so that different fingers and different parts of your hands are exercised. Keep this up until your fingers feel tired. This exercise should be done a few times every day until you develop crushing finger-and-hand power.

3. TOUGHENING THE HANDS for the "chopping" blows is also very important. Your hands are your major weapons in Judo. To condition them for the devastating blows, you may be called upon to deliver, you must proceed gradually. Stiffen your fingers and chop with the little-finger edge. To start, place a folded towel on a table and then strike at it as indicated. Do it fifty times per day, but be very careful during the first few days so that you don't bruise your hands. Use lots of thickness on the towel to start with, and very light blows. Then increase the force of the blows and decrease the thickness of the towel. After a month of such practice the edges of your hands will become very tough and you will be able to strike at hard padded surfaces and then at wooden surfaces with no padding on them. Eventually the edges of your hands will become almost like blunt axes and, if necessary, you could actually shatter an opponent's wrist or arm-bone.

4. The experts sometimes use a heavy punching bag to strike at, or wrap cloth around a piece of wood, in order to get the feel of chopping at the human trunk or limbs. Some of them can smash up to two inch planks with their bare hands. Imagine one of these axe-like blows smashing into your neck or across your forearm.

HOW TO DEFEND YOURSELF WHEN ATTACKED



1. Some of the most dangerous surprise attacks come from the rear. You may be walking down a dark street some night not aware of the fact that a "mugger" is waiting in a dark doorway ready to jump on you. He waits until you are just past, and then springs at you from the back, wrapping his right arm over your shoulder and under your chin. He then grasps his right wrist with his left hand and pulls back , cutting off your breath. You are helpless and will soon pass out from lack of air,

unless you have had Judo training.

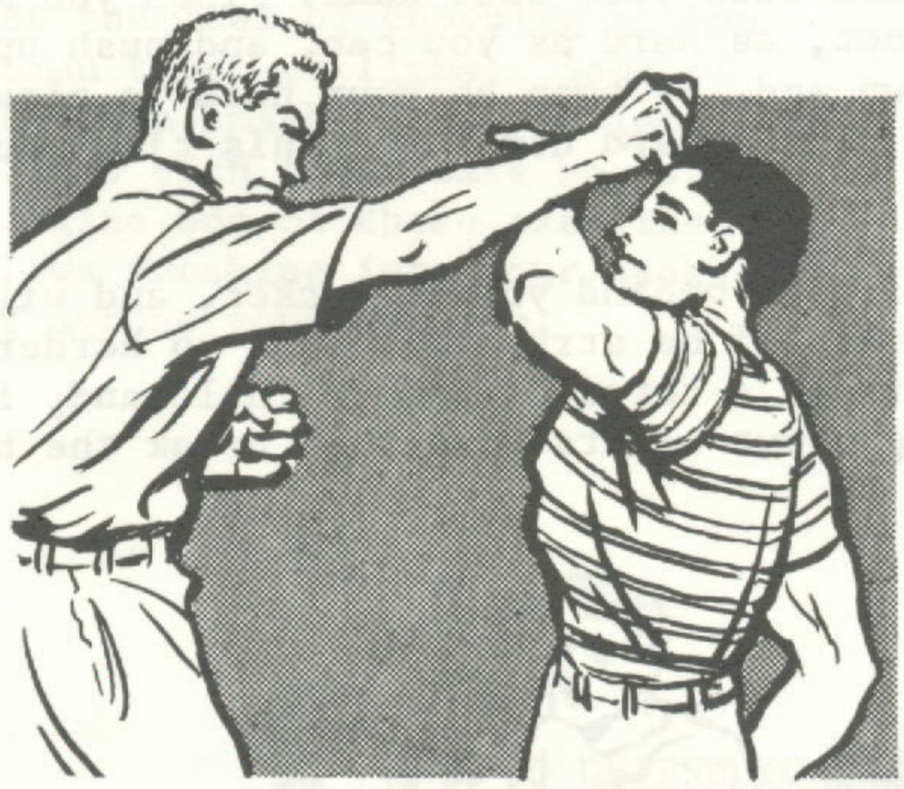
Fortunately, you have read this course and have practiced the various tricks faithfully. Therefore, the minute you feel your opponent's arm snake around your neck from behind, you go into action. You grab his right arm, just above the elbow with your right hand, sinking your steel-like fingers into his soft flesh. At the same time you grasp the wrist of the same arm with your left hand. Then you stomp back with your heel on the instep of his foot, as hard as you can, and push up with both arms. As your arms go up you duck down and, as soon as your head is clear of your opponent's right arm, you turn to the left toward him. All this time you have kept your vise-like grip on his right arm.

Now the tables will be turned. You will be behind your attacker, and will have him in the well-known, punishing hammer-lock. If he struggles, push up harder with your left hand and he will soon cease. This is a terribly painful hold and, if you wanted to, you could tear his right arm right out of its socket or break the bone.

2. Perhaps your attacker will be a deranged killer who will jump straight at you, grasp your throat in his hands and try to strangle you to death. Reach up immediately and grasp the little fingers of his two hands with your hands and bend them toward him. At the same time raise your knee up sharply and drive it into his groin.

Your attacker will do two things. He will let go his hold on your neck, because

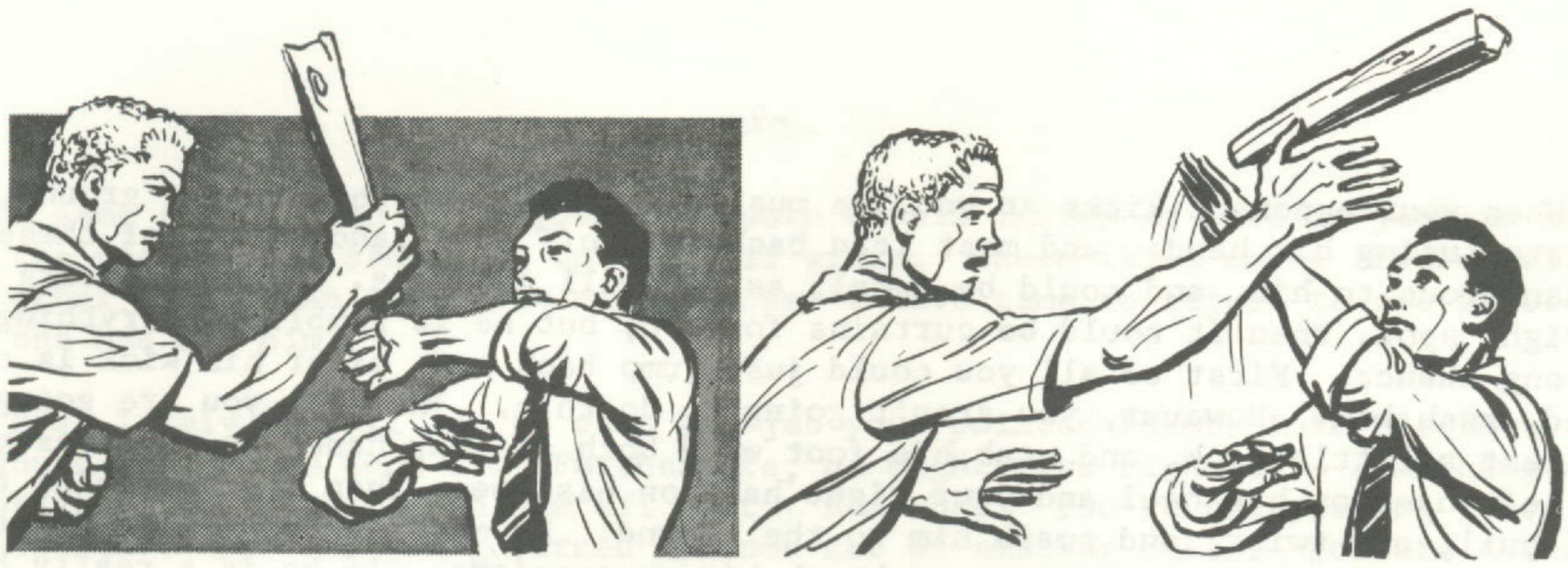
his little fingers will either be broken, or snapped out of their sockets, and he will double up with agonizing pain from your knee-kick to his vital organs. As he bends forward you can finish him off with an axe-like chop at the side, or back, of his neck.



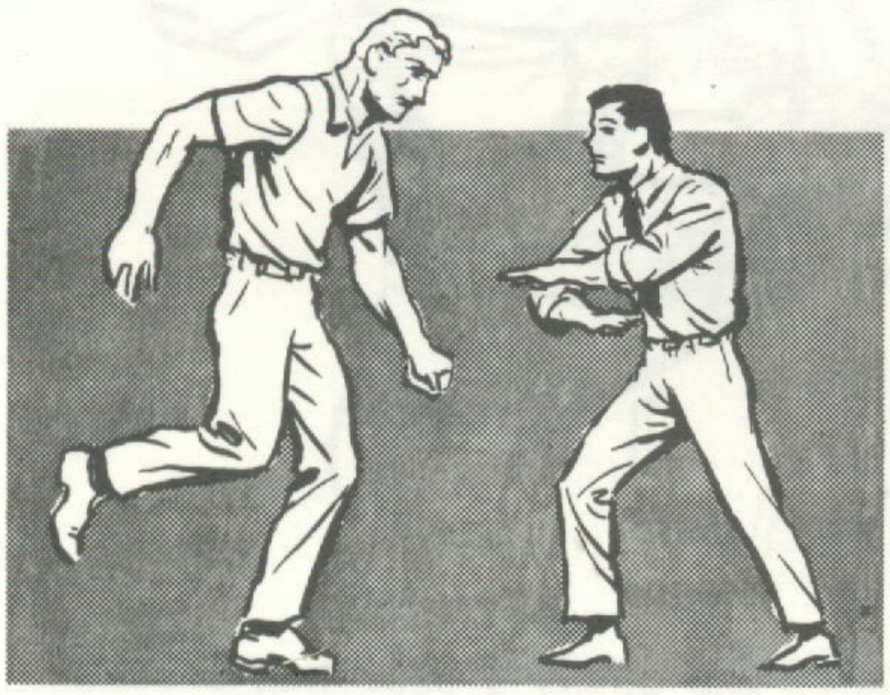
3. Maybe some big bully picks on you. He enjoys laying out smaller guys than himself and prides himself on being able to do it with one blow. He pushes you around, you raise your fists and he lets go with a haymaker to your jaw. If it lands you've definitely had it. But it doesn't land, thanks to this Judo course.

Instead of making like a fighter, you just step back as he throws his lethal punch and, at the same time, deliver a chopping blow at his right wrist as the blow sails past. This not only diverts the blow, but temporarily paralyzes his arm. Then you immediately reach over and hook your right arm around his right arm. Then grasp his right wrist with your left hand and force it back. Now bend his right arm at the elbow and then grab your own left wrist with your right hand. This gives you the famous "figure-four" hold and puts him at your mercy. All you have to do is push back and he will howl for you to ease off. If you wanted to, you could rip his arm at the joint or even break it, but if he is a typical bully, he will give in long before this.

4. Your assailant might come at you with a piece of pipe or a stick. He will raise it over his head and try to smash down at you. Don't turn your back as you will leave yourself completely unprotected. Instead, face him with both arms bent at the elbows and held in front of your body. As your opponent strikes down at you, step toward him and chop with the side of your hand at his descending wrist. This will



deflect the blow and paralyze his wrist. At the same time you can use your other hand to chop him across the throat, or if he brings his head down and forward, then across the bridge of his nose. Either blow will put him out of commission.



5. Your attacker may be a vicious type who starts swinging his fist, and then lets loose with a lusty kick, when you don't expect it. However, having been trained in Judo, you expect anything and are always on guard. Furthermore, you take advantage of every new opportunity which presents itself and this is definitely one. You might not think that a driving kick to a vital spot is in your favor, but it is.

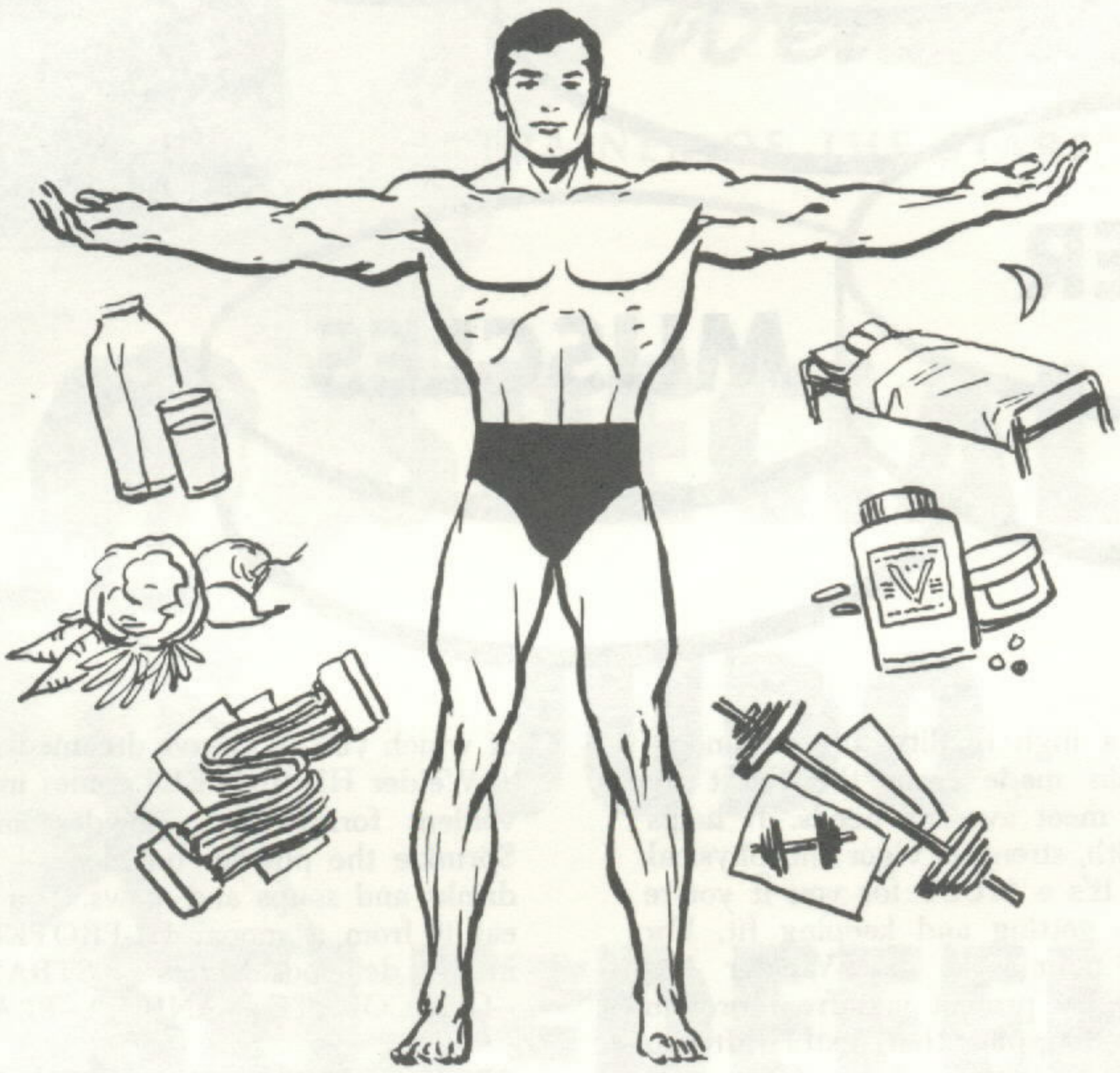
When your opponent kicks at you, he must leave only one foot on the ground, must stop using his hands, and must lean backwards off of balance. All of these are dangerous to him, and could be fatal, as you will soon see. If he connects at the right spot, then it could be curtains for you, but he is gambling everything on one long chance. First of all you could just jump back and, after his kick is expended, rush him. However, you aren't going to do this. Instead, you are going to move just a little back, and grab his foot with both of your hands as it comes up. Your left hand on his heel and your right hand on his toe. Then you are going to lift, pull, and twist, and smash him to the ground. He might knock his wind out, or crack his head with such force as to knock him unconscious. If he is a really bad character you can kick him between the legs when he falls to the ground.

6. You might run into a big tough wrestler-type, who whips a bear hug around you, and figures on crushing you to pulp. Before you know what's happened, he's got his big hairy arms around your body, also pinning your arms, and is squeezing the breath out of you. He has you at a distinct disadvantage, and you can't possibly pry your arms loose, or break out of the hold by force. Here is what you do:

Clench your fists and press your thumbs tight against your first fingers so that the points are protruding beyond the peak of your knuckles. Now jab these thumbs with all your might between the ribs of your attacker and give them a vigorous twist

at the same time. Then stamp your foot down on his instep as hard as you can and lift the knee of the same foot up into his groin. These three moves should follow each other rapidly so that your victim doesn't have time to adjust to one before the next one has hit him.

Most likely he will let go when you jab your pointed thumbs into his lower ribs, but you can't depend upon it. Furthermore, he might move right into something as bad, or worse, so you must finish him off fast. Remember! You're not playing games when you use Judo. Nor are you governed by some set of amateur rules. You are defending yourself from injury and maybe even death. So you have only one object in mind -- finishing off your opponent as quickly and easily as possible, with the least amount of punishment to yourself.



ALWAYS KEEP IN PERFECT SHAPE

If you keep yourself in first-class physical condition all the time, you will have a decided advantage over anyone who is not in perfect shape. Don't drink, smoke, or dissipate your health and strength away. Don't keep late hours, or eat a lot of useless junk. Train regularly, get plenty of fresh air, sunshine, relaxation and sleep. Follow proper health habits and adhere to correct principles of living. Eat well-balanced meals and make sure you get enough minerals and vitamins to meet your daily needs. Keep "fighting fit" all year round and you will not only look better, feel better and be better, but you will be able to take care of any emergency which might suddenly arise.

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